

# NJ Center for Mindful Awareness

now offering:



## Environmental



## Mindfulness Practice

*Cultivating Presence in the Natural World*



An Invitation to join us  
in the age old tradition of entering into  
the natural world to observe, sense,  
listen and participate in the  
beauty and wisdom of nature.

Save  
The  
Date



**Event:** *Mindfulness in the Natural World Workshop & Hike*

**When:** *Sunday, October 22nd*     **Times:** *10am until 4pm*

**Where:** *Atlantic Highlands Area — Contact for more details.*

**What:** *Enjoy periods of silence, listening, walking, guided Mindfulness Practice and Instruction as we gently walk through a variety of natural environments.*

**Teachers:** *Ken & Maria are both avid nature lovers and experienced hikers.*

**Who Should Attend:** *All levels of experience with Mindfulness welcome. Hiking is easy/moderate.*

**REGISTRATION REQUIRED—VISIT WEBSITE OR CALL/EMAIL FOR MORE DETAILS**



Dr. Ken A. Verni is a licensed Psychologist and CFM Approved MBSR Teacher. with over 20 years of experience in practicing mindfulness. Ken is a frequent speaker on the topic of Mindfulness & offers trainings & workshops throughout N.J.



Maria Martinez Alonso is a Clinical Psychologist, EMDR Accredited Consultant and CFM Approved MBSR Teacher. Maria teaches internationally and currently consults for the United Nations offering Mindfulness and Stress Reduction trainings.

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